

## UNIT 1

### Alternative forms of accommodation

#### Serviced accommodation

##### Hotels

1 Personal answers

2

1 T    2 T    3 F    4 T    5 F    6 T    7 F    8 T    9 T    10 F

3 People looking for a long break are more likely to stay in other types of hotel as airport hotels are usually for just one night.

5 The idea for micro hotels originated in Japan.

7 A resort hotel is likely to be very large, with lots of facilities to cater for mass tourism.

10 Many motels have closed down due to the reduction in road travel, but you can still find them.

3 Personal answers

##### B&Bs and guest houses

1

	SIZE	STAFF	LOCATION	FACILITIES
<b>B&amp;B</b>	small; 3 or 4 rooms in a house	family/ owner	anywhere (rural, town or city)	few, maybe just an en-suite bathroom, breakfast
<b>Guest house</b>	a larger building	some staff for cleaning or cooking duties	–	dining room for meals, lounge or communal area, possibly a bar
<b>Inn</b>	–	–	countryside or village	maybe lunch and dinner as well as breakfast

2

1 Near Skipton, Yorkshire

2 Three en-suite rooms for guests.

3 A Full English breakfast.

4 Walking and hiking in the Yorkshire Dales, visiting local picturesque towns and villages.

5 The Goade family.

##### Accommodation ratings

1

Possible answer:

There are Italian laws which govern what facilities/services a hotel must have in order to have a certain star rating.

2

1 F    2 T    3 F    4 T    5 T    6 F    7 T    8 F

- 1 There is no international rating system so it is difficult to compare hotels in different countries.
- 3 Ratings are also given to B&Bs, guest houses and self-catering accommodation.
- 6 The number is increasing not dropping.
- 8 It concludes that a combination of official ratings and user reviews (and common sense) is probably the best way to choose accommodation.

3 Personal answers

**Self-catering accommodation**  
**Holiday rentals**

1

Possible answer:

Self-catering accommodation is when no meals are provided and the guests have to organise them themselves.

Personal answer

2

1 Cottages, farmhouses, villas and flats are commonly rented as holiday homes, although more unusual places like houseboats can be rented too.

2 The advantages are the freedom, flexibility and independence so that you do not have to follow any timetable for meals and so on. Self-catering can also work out quite cheaply, especially for large groups, and you can also have a lot more space than in a hotel, for example. You also have the opportunity to choose an unusual place to stay in some cases. The main disadvantage is that, if you decide to eat in, someone has to cook the meals and clean. It might not seem much of a holiday if you have to do the shopping, cooking and cleaning just as if you were at home. Instead, if you decide to go out for all your meals, it can become quite expensive.

3 Holiday rentals are intended to be like a home so you will find a fully-equipped kitchen, electrical appliances, plates, glasses and so on. Towels and sheets may be included too.

4 They are usually on a weekly basis, starting and ending on the same day.

5 They are sites where people with a room or place to rent can advertise it and the users can search the listings, according to different criteria. There are also reviews and comments.

6 Possible answer:

The advantages are that you can stay somewhere local or typical and it is usually a cheaper form of accommodation. There are risks involved though, as there are no real controls of what the people are renting and the place might not be as advertised. Also the owners could risk having their property damaged.

3 Personal answers

**Youth hostels and residences**

1

	<b>FEATURES/ FACILITIES</b>	<b>ADVANTAGES</b>	<b>DISADVANTAGES</b>
<b>Youth hostel</b>	single-sex mixed dormitories; bunk beds; shared bathrooms; kitchen facilities	in lots of locations across the world; cheap; good way to meet people and socialise	having to share a room/ bathroom

<b>Halls of residence</b>	single or double rooms; en-suite or shared bathrooms; kitchen; other university facilities	good price; good location	only available outside university term time, so limited
<b>Convent or monastery</b>	simple accommodation; some food	reasonable price; good location	curfew

## Campsites

1 Personal answers

2

	<b>ADVANTAGES</b>	<b>DISADVANTAGES</b>
<b>Tent</b>	cheap, budget-friendly, close to nature, fun	not so comfortable, little protection in bad weather
<b>Caravan</b>	comfortable, good in bad weather, have your car for transport, good and easy for frequent holidays	expensive to buy and maintain, need somewhere to park it when not in use
<b>Motorhome</b>	comfortable, good in bad weather, good and easy for frequent holidays	no other means of transport when on site (could use a bike), expensive to buy and maintain, need somewhere to park it when not in use

3

1 f    2 e    3 c    4 a    5 d    6 b

4 Personal answers

## School meals

1

Personal answers

2

1 C    2 A    3 D    4 B

3

1 Brazilian-born chef, Lucio.

2 The sensory overload of a school canteen and a complex relationship to food.

3 Because he is preparing good food that plays a 'vital therapeutic role' in children's lives.

4 He introduces new ingredients gradually, prepares small taster portions, avoids combining too many ingredients in the same dish, and has safe alternatives in reserve in case of rejection.

4

Personal answer

## The Bubba Gump Shrimp Co. Chain

1 1 A 2 B

2

1 Three.

2 Flash fried or grilled.

3 Jasmine rice and French bread.

4 In the Pear & Berry Salad.

5 Seven: 1 appetizer, steamed clams and mussels; 1 main, Dixie style baby back ribs; both sides and all three desserts.

3 Personal answer

4

1 F It takes 15 minutes.

2 T

3 F You need macaroni pasta.

4 T

5 F There is shrimp.

6 T

7 F You can substitute one of the cheeses with any mild semi-hard cow's milk cheese.

8 F You need a teaspoon of parsley.

5

1 oven

2 cook

3 butter

4 heat

5 sauté

6 whisk

7 smooth

8 Stir

9 Top

10 browned

## UNIT 4

### Food preparation appliances

1 1 FP 2 FM 3 B 4 FP 5 FM 6 FP

2 <track 1>

Procedure to make about 1kg of butter Pour the thick cream into the bowl of a food processor and whip at a moderate speed until butter solids form and buttermilk is released. Drain off the buttermilk (you can save it for baking or drinking) and then knead out the remaining liquid with a wooden spoon. After the butter has a uniform consistency and most of the buttermilk is released, rinse it under cold water, taking care not to handle it too much so it doesn't melt. Now your butter is ready and you can shape it and add salt which extends its shelf life or other aromas such as herbs and garlic. Wrap it in greaseproof paper or parchment and keep in the fridge for several weeks and in the freezer for up to 9 months.

Procedure to make two French bread sticks

Dissolve 2 packs of active yeast in warm water in a warmed mixer bowl and add salt, butter, and 7 cups of all-purpose flour. Knead in a food mixer at speed 2 until the dough is sticky and then leave to rise in a warm place for at least an hour. Divide the dough in half and roll each half into rectangles, which you tightly roll inwards into the shape of a French loaf. Put the loaves on greased baking sheets that have

been dusted with flour and cover them and allow them to rise in a warm place for a further hour until they are double the size. With a sharp knife, make 4 diagonal cuts on top of each loaf, glaze with the egg whites and bake at about 220°C for 30 minutes, then remove from the oven and serve with butter.

### **Procedure to make about 1kg of butter – FP**

- 1 Pour the thick cream into the bowl and whip.
- 2 Drain off the buttermilk.
- 3 Rinse the butter under cold water.
- 4 Now your butter is ready. You can shape it and add salt or other aromas.
- 5 Wrap it in greaseproof paper and keep it in the fridge.

### **Procedure to make two French bread sticks – FM**

- 1 Dissolve the yeast in warm water. Add salt, butter and flour.
- 2 Knead in a food mixer, then leave to rise.
- 3 Divide the dough in half and roll each half into rectangles.
- 4 Put the loaves on greased baking sheets and cover them.
- 5 Make 4 diagonal cuts on top of each loaf, glaze with the egg whites and bake at about 220°C.

### **3 Personal answers**

4 1 A    2 D    3 D    4 C    5 C    6 B    7 D    8 C    9 A    10 B

### **5 Personal answers**

## **Cookware materials**

### **1 Personal answers**

## **UNIT 6**

### **Potato preparation and cuts**

#### **1**

- 1 French
- 2 chef and restaurateur
- 3 Guide Culinaire: the Complete Guide to the Art of Modern Cookery
- 4 5,012 recipes
- 5 over 50 potato recipes

#### **2**

1 k    2 h    3 d    4 c    5 f    6 g    7 j    8 b    9 a    10 i    11 e

#### **3**

Personal answers

## **Cheese menus**

### **1 Personal answer**

#### **2**

- 1 Cheese or dessert first?

- 2 Getting the most from your cheese
- 3 Preparing the perfect cheeseboard
- 4 How to compliment cheese

**3**

- 1 At room temperature.
- 2 So that it doesn't dry out.
- 3 Their aromas might intermingle making it hard to differentiate between them.
- 4 In an accessible way, with the smaller cheeses in the middle, the soft cheese around them and the harder cheeses on the outside to make them easier to cut.
- 5 Fruit, nuts, dried berries, herbs, olives and pickled vegetables, mild tasting breads, biscuits and crackers.
- 6 Almost any drink: beer, cocktails, ports, champagne, wines from the same region as the cheese.

**4**

<b>Texture</b>	<b>Taste</b>	<b>Appearance</b>
<i>smooth</i> , creamy, rich, hearty, soft, soft like a pillow, ripened, layered texture, silky texture	full-flavoured, sweet, nutty, good aftertaste, spicy taste, hint of lemon, tangy, zesty, salty, caramel and almond flavours, buttery and grassy, earthy, mushroomy, woody, sharp, fruity, deep, dry, intensely flavourful	sycamore leaves, blue veins, bark-like rind, green, blue streaks, bloomy rind, white, basket weave rind, white rind

**5 Personal answer**

**Herbs and spices from around the world**

**1**

- 1 Jamaican, Scandinavian
- 2 Southeast Asian, Middle Eastern and Scandinavian
- 3 Mexican, Indian, Southeast Asian, Creole and Cajun
- 4 Mexican, Indian, Oriental and South American
- 5 Indian, Indonesian
- 6 Indian, Mexican and Europeans
- 7 Indian

**2**

- 1 turmeric
- 2 cardamom
- 3 allspice
- 4 coriander
- 5 cilantro
- 6 cayenne
- 7 cumin

**3**

- 1 garlic
- 2 chopped
- 3 peeled
- 4 soy
- 5 lime
- 6 oil
- 7 allspice
- 8 processor
- 9 jar
- 10 fridge

4 Personal answer

5 Personal answers

## UNIT 7

### Conduction, convection and radiation

1

1 C      2 A      3 B

2

2 the amount of heat transferred

3 Metals / glass, plastic and ceramics

4 move from place to place

5 hot places to cooler places

6 a hot body / a colder body

7 absorb the waves

8 a source of heat and a conductor

3

1 transmitted

2 perceptible

3 proportional to

4 particles

5 surface area

6 effectiveness

7 thermal conductivity

8 electromagnetic waves

9 infrared rays

10 void

4 Personal answer

5 Personal answer

## UNIT 8

### Kids' menus

1 Personal answer

2

1 home-cooked meals

2 additive-free

3 child-size portions

4 delicate flavours

5 naturally bright colours

6 carbohydrate-heavy

7 bad eating habits

8 child-friendly

3

1 F

2 F

3 T

4 T

5 T

6 F

7 T

8 F

4 Personal answer

## 5 Personal answer

### Dessert menus

#### 1 Personal answers

2

1 B      2 A      3 C      4 D

3

1 T      2 F      3 F      4 F      5 T      6 F      7 T      8 T

### English breakfast and afternoon tea menus

#### English breakfast menus

1

bacon, eggs, seaweed, fish, scones, mushrooms

2

1 F      2 T      3 F      4 T      5 T

3

1 Eggs	5 butter
2 beans	6 cold
3 without	7 juices
4 croissants	8 teas

#### Afternoon tea menus

1

1 F      2 F      3 T      4 T

2

1 To the early 19th century.

2 She was the 7th duchess of Bedford and she complained about having a 'sinking feeling' in the afternoon.

3 It was a pot of tea and a light snack brought to the Duchess in her private chambers during the afternoon.

4 Because it proved so popular in her country residence.

5 The fact that the Duchess of Bedford sent cards asking friends to join her for 'tea and a walk in the fields'.

6 No, today most British people do not take afternoon tea.

7 Sandwiches, a variety of sweet items and tea.

3

1 sandwiches	5 cakes
2 salmon	6 teas
3 mustard	7 pot
4 cream	8 glass



## UNIT 9

### Eating disorders

1

1 B    2 F    3 D    4 C    5 A    6 E

2

1 They have abnormal attitudes to food.

2 Anorexia is when people eat very little, bulimia is when people eat a lot. People with anorexia starve themselves or exercise excessively. People with bulimia eat a lot and then vomit or use laxatives.

3 Any three of the following: family history of eating disorders, depression, substance misuse, being criticised for the way you look, stressful situations, anxiety disorder, low self-esteem, being a perfectionist, bad experiences, difficult relationships.

4 Social media can encourage users to feel negative about their own lives and bodies. They promote negative self-image and unhealthy dieting.

5 The fashion industry influences people's attitude to food by using models with abnormally thin bodies.

6 It is essential to improve our self-esteem and realise we are all different.

3

1 *self-esteem*

2 Self-talk

3 mood swings

4 self-image

5 cyber-bullying

6 activity tracker

7 supermodels

8 size-zero

4 <track 2>

Spotting a friend or a family member who has an eating disorder can be very difficult, but there are some warning signs to look out for. These include: missing meals; complaining of being fat, even though they have a normal weight or are underweight; repeatedly weighing themselves and looking at themselves in the mirror; making repeated claims that they have already eaten, or they will shortly be going out to eat somewhere else; cooking big or complicated meals for other people, but eating little or none of the food themselves; only eating certain low-calorie foods in your presence, like lettuce or celery; feeling embarrassed or refusing to eat in public places, like restaurants or visiting pro-anorexia websites. If you are concerned about a friend or family member, it can be difficult to know what to do. It is common for someone with an eating disorder to be secretive and defensive about their eating and their weight, and they are likely to deny being unwell. Read more information about approaching and supporting someone with an eating disorder. You can also talk in confidence to an adviser from eating disorders charity by calling their helpline. More women than men are affected by eating disorders. Around 1 in 250 women and 1 in 2,000 men will experience anorexia nervosa at some point. The condition usually develops around the age of 16 or 17. Bulimia is around five times more common than anorexia nervosa and 90% of people with bulimia are female. It usually develops around the age of 18 or 19. Binge eating usually affects males and females equally and usually appears later in life, between the ages of 30 and 40. Due to the difficulty of precisely defining binge eating, it is not clear how widespread the condition is. If eating disorders are not treated, they can have a negative impact on someone's job or schoolwork, and can disrupt relationships with family members and friends. The physical effects of an eating disorder can sometimes be fatal. Treatment for eating disorders is available, although recovering from an eating disorder can take a long time. It is important for the person affected to want to get better, and the support of family and friends is invaluable. Treatment usually involves

monitoring a person's physical health while helping them to deal with the underlying psychological causes.

1 B    2 C    3 C    4 B

5 Personal answers

6 Personal answers

## UNIT 10

### HACCP case study

1

1 Hazard Analysis and Critical Control Point.

2 To ensure food safety hazards are managed responsibly and continuously.

3 Anybody involved in the production, processing, manufacturing, preparation, packaging or serving of food.

4 Biological, chemical and physical hazards.

5 Seven.

6 Critical Control Points, are points when a procedure or control can be applied in order to prevent, eliminate or reduce food safety hazards.

3 Personal answers

### Lactic acid fermentation

1 Personal answer

2

Yoghurt is produced when milk reacts to bacteria.

Cooling and keeping yoghurt cool preserves it.

Yoghurt can be liquid or solid or frozen.

Some yoghurts taste of wine. Low-fat yoghurt is beneficial to health.

You should keep yoghurt refrigerated.

3

1 room temperature

5 cover

2 Warm

6 overnight

3 Test

7 transfer

4 Whisk

8 chill

4 Personal answer

## UNIT 12

### Alternative types of sweeteners

1

- 1 xylitol
- 2 stevia
- 3 agave
- 4 coconut

2

- 1 all
- 2 stevia
- 3 xylitol
- 4 agave
- 5 xylitol
- 6 coconut sugar
- 7 stevia, agave, coconut
- 8 xylitol, stevia

3 Personal answers

## UNIT 13

### Dessert menus

1 Personal answers

2 1 B    2 A    3 C    4 D

3

1 T    2 F    3 F    4 F    5 T    6 F    7 T    8 T

4 <track 3>

To make a cheesecake the ingredients are:

For the biscuit base: 10 digestive (1) **biscuits**; 75 g/3 oz of butter, melted; and 1 tbsp of clear (2) **honey**.

For the filling: 700 g/1 1/2 lb of cream cheese; 2 (3) **lemons**, juice and zest; 200 g/7 oz of caster sugar, plus more to taste; 4 tbsp of icing sugar and (4) **mint**, to garnish.

For the sauce: 450 g of (5) **fresh** or frozen summer fruits, defrosted, and icing sugar, to taste.

The preparation method is very simple:

(6) **brush** a 23 cm cake tin with some melted butter and put greaseproof paper in the base. (7) **Crush** the biscuits and mix them with the rest of the butter and honey and (8) **stir** until well combined and put the mixture in the cake tin, making sure it is level. Put in the fridge to chill.

For the filling, (9) **mix** the cream cheese, lemon juice and zest and caster sugar in a bowl until well combined. (10) **Taste** the mixture and add more sugar, to taste.

(11) Spoon the mixture into the tin on top of the chilled biscuit mixture and chill in the fridge for at least 2 hours.

For the sauce, (12) **blend** most of the fruits with some icing sugar in a food processor until smooth.

Pass the sauce through a sieve.

Place the cheesecake onto a plate, (13) **decorate** the top with the sprigs of fresh mint and spoon the sauce around the side. (14) Add the remaining berries.

5 Personal answer

6 Personal answers

### Dessert presentation

1

1 fruit

2 ice cream

3 sauces

2

1 T

2 F It should be easy for the customer to be able to eat it.

3 T

4 F The flavours can also be contrasting.

5 F It's a good idea to have a contrast in textures.

6 T

7 F You can also use whole fruit, for example berries.

8 F There are many different ways to use sauces to be creative.

3-4 Personal answer

## UNIT 14

### Hotel staff positions

1

1 d      2 f      3 a      4 c      5 b      6 e

2

1 general manager

2 desk clerk

3 porter

4 concierge

5 housekeeper

6 room attendants

3 Personal answers

4 Personal answers

### Recipes for cooking with wine

1

1 T      2 F      3 T      4 T      5 F

2

1 By adding it to dishes that already contain those flavours, or go well with them.

2 The other ingredients and the effect you want to achieve.

- 3 To bring out flavours in mild foods like fish, just as a lemon does.
- 4 With strongly flavoured dishes such as steak.
- 5 By combining light-flavoured wines with delicately flavoured foods and full-bodied wines with strong tasting dishes.
- 6 Generally light-coloured meats go with white wines and dark-coloured meats go with red wines.
- 7 How the food is prepared: spicy food need full-bodied wines and creamy foods need drier, lighter wines.
- 8 To experiment, be creative and trust your palate and nose!

### 3 <track 4>

#### Scallops beurre blanc

For the beurre blanc, place 2 finely chopped shallots, 60 ml vinegar, 60 ml dry white wine and 60ml water into a saucepan. Set over a moderate heat until almost no liquid remains. Turn the heat down to a low setting and whisk in 125 g cold unsalted butter one piece at a time, allowing each piece to melt and homogenise before adding the next (it is also a good idea to occasionally take the pan off the heat, then returning it when it is becoming too cool). Once all the butter has been used the sauce should be pale and have a thin, custard-like consistency. Keep warm. Brush 5 scallops per person with olive oil and fry the scallops for one minute on each side, or until golden-brown on the outside. Season with salt and pepper. Spoon the sauce over the scallops and garnish with chives. For dessert, I'm preparing nectarines poached in honey and wine. First, heat 2 tbsp brown sugar in a frying pan over a high heat, until melted. Place 1 nectarine per person, cut in half stone removed, cut-side down into the sugar and cook for one minute. Add 50 ml wine and 1 tbsp clear honey and boil, until the liquid has reduced in volume by half. Remove the nectarines and keep warm, then add 1 tbsp double cream to the sauce, bring to the boil and stir until thickened. To serve, place the nectarines cut side down onto a plate and drizzle over the sauce.

b S      c D      d D      e S      f D      g S      h S      i D      j S

4

Starter: e, g, j, b, h

Dessert: c, d, a, f, i

### 5 <track 5>

For the main course: Beef Wellington with red wine sauce, preheat the oven to 230°C. Meanwhile, rub 300 g beef fillet with olive oil and season well with salt and freshly ground black pepper. Heat a frying pan until smoking hot and cook the beef until golden-brown on both sides but not cooked through. Set aside and leave to rest for ten minutes. Place 200 g ready-rolled puff pastry onto a work surface, top with the beef and a layer of 100 g goats' cheese slices, then wrap the pastry over the beef to make a parcel. Brush all over with beaten egg. Transfer to the oven and bake for 15 minutes, or until the pastry is golden-brown and the beef is cooked to your liking. For the red wine sauce, heat some olive oil in a saucepan, add 1/4 onion finely sliced and cook gently until softened. Add some sugar to 150 ml red wine and bring to the boil. Boil until the liquid has reduced by half. Add 75 ml beef stock and simmer for five minutes. Mix 1/2 tsp arrowroot with a little water to make a paste, then whisk into the sauce and cook for 2-3 minutes, or until slightly thickened. Cut the beef Wellington into slices, serve with steamed asparagus and pour over the red wine sauce.

1 230

2 300

3 10

4 200

5 15

6 1/4

7 150

8 75

9 5  
10 1 /2  
11 2-3

## 6 Personal answers

### Craft beer and cider

#### 1 Sample answer:

Craft beer is high-quality artisan beer brewed by a small or independent company. Cider is an apple-based alcoholic beverage with sweet and refreshing taste.

#### 2

- 1 Due to the competition and fierce marketing campaigns of mass-produced beers.
- 2 The Campaign for Real Ale (Camra) was formed saving the British tradition of craft beers.
- 3 Its image did not appeal to younger, trendier consumers.
- 4 In 2002 the introduction of a progressive beer tax made it possible for microbreweries to increase.
- 5 They came from the USA, which was surprising because the USA was not known for its brewing tradition.
- 6 There are over 800 microbreweries in the UK today.
- 7 Northern Italy.
- 8 About four hundred.

#### 3 Personal answer

#### 4 <track 6>

Unlike beer, cider is made and not brewed. In fact it is more similar to wine in alcohol content, which is much higher than in beer.

Cider is made from apples which are picked and left to mature for a week. They are then reduced to apple pulp known as 'pomace' or 'pommy'. Next, the pulp is crushed to extract the juice in a cider press; traditionally a cloth press. The freshly pressed apple juice can be fermented immediately.

Traditionally the juice is fermented in a wooden barrel without adding any yeast.

The fermentation process starts after 1 or 2 days and continues for several weeks.

When it is complete, the barrel is sealed and the cider is left to mature for 5-6 months.

Traditional English cider is served flat and is often cloudy, whereas in France cider is made with the Charmat process, the same used to make sparkling wines, and is therefore very carbonated.

- |                |                   |
|----------------|-------------------|
| 1 brewed       | 6 freshly pressed |
| 2 wine         | 7 without adding  |
| 3 to mature    | 8 continues for   |
| 4 a pulp       | 9 for 5-6 months  |
| 5 is extracted | 10 French cider   |

#### 5 Personal answers

#### 6 Personal answers

## Hot chocolate

1 Personal answers

2

1 T    2 F    3 T    4 F    5 T    6 T

3

1 creamy

2 chilli

3 chocolatey

4 caramel

5 cinnamon

6 whipped cream

4 Personal answer

## DOSSIER 1

### EU institutions

1

1 One.

2 Once a week.

3 Brussels, Luxembourg and Strasbourg.

2

2 the term of a European Commissioner and of an MEP

3 permanent committees

4 the languages they speak

5 the countries in the EU

6 the number of MEPs

7 when the Lisbon Treaty came into force

8 the number of citizens of the EU

3 <track 7>

The European Food Safety Authority (EFSA) provides the European Commission with independent scientific advice on all matters with a direct or indirect impact on food safety. It is a separate legal entity, independent from the other EU institutions. The establishment of EFSA was one of the key measures contained in the Commission's White Paper on Food Safety, which was published in January 2000. The EFSA's work covers all stages of food production and supply, from primary production to the safety of animal feed, right through to the supply of food to consumers. It collects information and analyses new scientific developments, so it can identify and assess any potential risks to the food chain. It can carry out scientific assessment on any matter that may have a direct or indirect effect on the safety of the food supply, including matters relating to animal health, animal welfare and plant health. The EFSA also gives scientific advice on non-food and feed Genetically Modified Organisms (GMOs) as well as on nutrition in relation to EU legislation. It can communicate directly with the public on any issue within its area of responsibility.

1 scientific advice

2 direct or indirect

3 independent

4 White Paper

5 food production and supply

6 identify and assess

7 animal and plant health

8 EU legislation

4 Personal answers

## Italian cuisine: traditions and festivities (1)

1

Personal answers

2

1 T    2 T    3 F    4 T    5 F    6 F

3 <track 8>

Panettone is originally from Milan but it is a part of Christmases all over the world. Most people buy them rather than make them at home because they are quite time-consuming and complicated to prepare. But the smell of Christmas in your home will make it worth the effort. You can make a panettone in one day but it is more realistic to make it over two days to allow the dough to rise overnight. The longer and slower the dough rises, the better the taste. On the second day all you need to do is add the filling of dried fruit and nuts, let it rise for a second time, and bake.

One of the main problems is getting enough air into the dough to create a light, fluffy consistency.

You need a really tall baking tin to ensure this, or better still a specialist panettone tin. Another problem is that the panettone can sink during cooling. Try leaving it in the pan for the first 10 minutes while it is cooling, or even create a special upside-down rack like they have in bakeries in Milan.

Homemade panettone isn't made with a sourdough starter so it won't keep as long as the shop-bought variety, so consume it in a couple of days.

The classic panettone is made with golden raisins, candied citron, and candied orange peel, but you can substitute the fruit with chocolate chips and the candied peel with nuts. Panettone is best served still warm in tall slices with mascarpone cream and a sweet liqueur or wine after dinner. Enjoy!

1 B    2 C    3 A    4 A    5 C    6 B    7 A    8 C

4

1 temperature

2 egg

3 extract

4 time

5 Knead

6 rolling

7 Repeat

8 mould

5 Personal answer

## Italian cuisine: traditions and festivities (2)

1

1 C    2 A    3 C    4 A    5 A    6 C

2

1 B    2 A    3 C    4 B    5 C    6 D

3

2 milky cheese pudding

3 pig's blood chocolate pudding



- 4 doughnuts
- 5 marzipan fruits
- 6 white almond and chocolate biscuits
- 7 sugar doll figures
- 8 s-shaped biscuits
- 9 brown and white chocolate biscuits

#### 4 <track 9>

##### **Frappe**

##### **Ingredients**

500g flour  
(1) 30g butter  
1 egg  
2 egg yolks  
tbsp sugar  
icing sugar (2) to decorate  
1/2 (3) glass white wine  
seed oil to fry  
salt to taste

##### **Method**

Form a well in the (4) **flour** and place the butter, egg, egg yolks, sugar and salt in it.  
Mix carefully, adding the white wine (5) **gradually** to obtain a smooth mix.  
Leave the mixture to rest for around (6) **10 minutes**.  
On a lightly floured surface stretch and roll the (7) **dough** in a very thin layer.  
Cut the dough with a knife or a serrated cutter to your preferred length.  
Fry the ribbons of pastry in hot oil until (8) **golden**.  
They should puff up and turn themselves over in the oil.  
Serve with a good sprinkling of icing sugar.

#### 5 Personal answer